



Blue Chitta / Yoga Teacher Training

TTC in Blue Chitta Koh Tao

STUDENT CODE OF ETHICS & CONDUCT

EXPECTATION

Completing a 200-Hour Yoga Teacher Training Course is the beginning of your journey—not the destination. This certification provides you with a strong foundation in yoga practice, philosophy, anatomy, pranayama, and teaching methodology, but it does not make someone an experienced teacher overnight.

Teaching with confidence, clarity, and wisdom comes through consistent personal practice, continued study, and real teaching experience. Every class you teach and every student you work with will become part of your education.

As a general guideline:

- A **200-Hour TTC** prepares you to begin teaching and continue learning.
- A **300-Hour Advanced TTC** (making a total of **500 hours**) is recommended before considering advanced teaching responsibilities or assisting in teacher training programs.
- Running your own Yoga Teacher Training Course should only be considered after completing **at least 500 hours of formal training** and gaining **a minimum of one year of consistent teaching experience**, along with sufficient knowledge, maturity, and practical skills.

Please understand that yoga cannot be mastered in a few weeks. There are many series, techniques, and advanced practices that require patience and proper preparation.

Based on your understanding, consistency, discipline, and overall progress throughout the course, your teachers will guide you on whether you are ready to explore more advanced yoga series or whether it is more beneficial to continue deepening and digesting the foundations you have already learned.

Our goal is not to teach you *everything* in a short time, but to help you build a solid foundation that will support a lifetime of practice, study, and teaching.

Remember: a certificate may mark the completion of a course, but your growth as a yoga teacher is a lifelong practice.

Yoga Teacher Training Course Guidelines

BLUE CHITTA

01 **Respect the Curriculum**

- The course follows a carefully planned curriculum based on traditional Hatha Yoga and Ashtanga Vinyasa Yoga.
- Please trust the teaching sequence and avoid requesting additional classes, extra workshops, or different styles of yoga outside the curriculum.
- Every subject has been scheduled intentionally to build your knowledge step by step.

02 **Understand the Scope of the Course**

- This TTC is rooted in traditional yogic teachings.
- The training does not include modern fitness or entertainment-based styles such as Acro Yoga, Aerial Yoga, SUP Yoga, Puppy Yoga, Goat Yoga, or similar variations.
- Our focus is on developing a strong foundation in authentic yoga practice, philosophy, anatomy, pranayama, meditation, and teaching methodology.

03 **No Alcohol, Smoking or Intoxicants**

- Consumption of alcohol, cigarettes, vaping, recreational drugs, or any intoxicating substances is strictly prohibited throughout the course.
- These habits interfere with physical practice, mental clarity, and the yogic lifestyle we cultivate together.

04 **Follow a Yogic Diet**

- If meals are provided by us, they will be vegetarian/vegan.
- A sattvic (pure) vegetarian diet supports digestion, recovery, concentration, meditation, and pranayama.
- We strongly encourage students to avoid meat, alcohol, and excessively processed foods during the course to receive the maximum benefits of the training.

05 **Maintain Personal Hygiene**

- Bring your own yoga mat and towel.
- Take regular showers and wear clean practice clothes.
- Good hygiene creates a pleasant and respectful environment for everyone sharing the practice space.

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Be Punctual

- Arrive at least 5 minutes before every class.
- Late arrivals disturb the class and may not be permitted to join once practice has begun.

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Commit to Full Attendance (min. 80%)

- Yoga Teacher Training is an intensive program.
- Attend every lecture, practice, workshop, and assessment.
- Excessive absences may affect your eligibility for certification.

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Practice Outside of Class

- Learning does not end when class finishes.
- Review your notes, study the manual, observe your own practice, and spend time in self-reflection every day.

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Respect Teachers and Fellow Students

- Treat everyone with kindness, patience, and respect.
- Listen attentively, avoid interrupting others, and create a supportive learning environment.
- Every student progresses at a different pace.
- Socializing with teachers during TTC is prohibited.

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Limit Phone Usage

- Keep mobile phones on silent during classes.
- Avoid texting, scrolling, or taking calls unless it is an emergency.
- Be fully present during the learning process.

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Dress Appropriately

- Wear comfortable, modest clothing suitable for yoga practice.
- Avoid clothing that restricts movement or distracts other students.

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Embrace Yogic Discipline

- Come with an open mind and a beginner's attitude.
- Be willing to receive feedback, ask thoughtful questions, and continuously improve.
- Growth often happens outside your comfort zone.

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Respect the Practice Space

- Keep the shala clean and organized.
- Return props after use.
- Help maintain a peaceful atmosphere for everyone.

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Photography & Recording

- Please ask permission before recording classes or taking photographs of teachers or fellow students.
- Some sessions may not be recorded to preserve the learning experience.

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Confidentiality & Professionalism

- During partner work, discussions, or sharing circles, respect the privacy of your fellow students.
- What is shared in confidence should remain confidential.

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Certification Requirements

- Certification is awarded based on 80% attendance, participation, practical teaching assessments, written/oral examinations, and demonstration of teaching the final class.
- Completion of the course alone does not automatically guarantee certification — the above conditions need to be met.

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Take Responsibility for Your Practice

- Inform teachers of any injuries or medical conditions before practice.
- Practice mindfully and never force your body into postures.
- Yoga is about awareness, not competition.

Stay consistent, be curious, support one another, and enjoy every step of your yogic journey.
